

# *The Athletics Department Valentines message*

*Do you ever come into the gym not knowing really what to do?*

*Are you desperate to start training but feel a little intimidated?*

*Have you got bored of your current training programme?*

*Or*

*Is it that time of the year that the trips to the gym start to get  
sacrificed for the “busy work load?”*

*If you answered yes to any of these questions, do not give up hope  
the Athletics Department have a Valentines message that might be  
able to help:*

**FOLLOW YOUR HEART**



*The most effective method of training*

*We are currently promoting the use of our  
new heart rate monitors that will record your  
training sessions.*

*So whether you are a regular gym user or a  
first timer, by monitoring your heart rate you  
can work out in your optimum training zone  
and achieve greater results.*

*For more information drop by the Main Gymnasium  
and ask the staff or call **Ext 3945**.*